

The Local School Wellness Policy: Training on the Final Rule Implementation Under the Healthy, Hunger-Free Kids Act of 2010

Division of School and Community Nutrition
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Objectives

By the end of this presentation, you will be able to:

- Understand the provisions of the Local Wellness Policy Final Rule;
- Understand and set specific goals as required by the policy;
- Establish Wellness Leadership;
- Understand requirements for public involvement;
- Be knowledgeable regarding triennial assessment requirements;
- Identify appropriate recordkeeping requirements;
- Understand the requirements for updates to the policy and public awareness.



Provisions of the Final Rule

On July 20, 2016, the USDA finalized regulations to create a framework and guidelines for written wellness policies established by LEAs (Local Educational Agencies).

The Final Rule requires LEAs to fully comply with the requirements of the Final Rule by
June 30, 2017.



What is a Local Wellness Policy?

- ▶ A local school wellness policy is a written document that guides a LEA's efforts to establish a school environment that promotes students' health, well-being, and ability to learn.
- ▶ Starting in 2004, USDA placed emphasis on the local school wellness policy and strengthened that emphasis in 2010 with the Healthy, Hunger-Free Kids Act.
- ▶ The responsibility for developing, implementing, and evaluating a wellness policy is placed at the local level so the unique needs of each school can be addressed.



What Does This Look Like in Kentucky?

Whether you call it a plan, a policy, or something else, in Kentucky a local wellness policy is required:

1. For each sponsor of the NSLP at the district level—meaning one policy for all schools.
2. Per KRS 160.345, any school with a combination of grades K-5 must have a local wellness policy as well. This can be the exact same as the district or it can be tailored to meet that specific school's needs. However, if tailored, the school policy cannot be less restrictive than the district.



Why Does It Matter?

- ▶ The Local School Wellness Policy offers schools the opportunity to create a customized safe, healthy and nutritious environment in the local school setting.
- ▶ The intent of the Local School Wellness Policy is to engage all shareholders. This allows for student, community, school, and parent involvement in the decision making process for health and nutrition at school.
- ▶ It is important to note that the Local School Wellness Policy is designed to create positive change in the school environment, therefore updates are necessary as current goals are achieved and celebrated and new goals are set.



Let's Break It Down:

The Required Components of the Policy

1. Required specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote school wellness.
2. Standards and nutrition guidelines for all foods and beverages sold and not sold to students during the school day on the school campus.
3. Policies for food and beverage marketing.
4. Description of public involvement, public updates, policy leadership and an evaluation plans.



1. Specific Goals

- ▶ The final rule requires that local school wellness policy to include measureable goals for: nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.
- ▶ LEAs must review and consider evidenced-based strategies and techniques when developing these goals.
 - * Smarter Lunchrooms is an example of an evidenced-based strategy!



Examples of Goals



Nutrition Education and Promotion:

- Integrating nutrition education into academic subjects including nutrition education as part of health education classes and /or stand alone courses for all grade levels.
- Emphasized use of Team Nutrition materials in grades K-8.

Physical Activity:

- Set number of minutes for physical activity for students each day (recommended goal of 60).
- Classroom-based physical activity breaks during the school days.
- Required recess times for outdoor and/or indoor recess.

Examples of Goals



Other School-Based Activities:

- Events to promote safe, active routes to school or family events to promote health and nutrition.
- Offering staff wellness activities and professional development.
- Development of Farm to School activities and/or school gardens.
- Working towards being a recognized Smarter Lunchroom School or Heathier US Challenge school.

2. Required Nutrition Standards for All Foods and Beverages

The Local Wellness Policy must include standards for ALL foods and beverages that are available to students during the school day and on the school campus.

The policy must have separate standards for foods and beverages that are:

- Sold, and
- Served.

Definitions:

- School day is defined as the period from the midnight before, to 30 minutes after the end of the official school day.
- School Campus is defined as all areas of the property under the jurisdiction of the school that are accessible to students during the school day.



Standards for Foods and Beverages That Are SOLD to Students

The required standards and nutrition guidelines in the Local Wellness Policy for all foods SOLD to students must be consistent with:

- school meal nutrition standards, and the
- Smart Snacks in School nutrition standards.



Standards for Foods and Beverages That Are SERVED to Students

- ▶ The required standards and nutrition guidelines in the Local Wellness Policy for all foods **SERVED** (given) to students must be described to meet local needs of the LEA.
- ▶ For example, LEAs may want to address classroom birthday party snacks, fast food brought into the cafeteria, classroom treat rewards or other food-based incentives.
- ▶ These standards are determined by each local LEA. The requirement is that the standard is stated in the Local Wellness Policy.



3. Required Policies for Marketing of Foods and Beverages

- ▶ Another required component of the Local Wellness Policy is to have a policy for marketing foods during the school day, on the school campus.
- ▶ Marketing is defined as advertising, and other promotions in schools.
- ▶ LEAs that choose to allow marketing during the school day, on the school campus must have a written policy as part of the Local Wellness Policy that speaks to only allowing marketing of items that may be SOLD to students (meaning, the items must meet Smart Snack Standards).



4. Final Component: **Public Involvement and Updates, Leadership and Evaluation**

The Final Rule states that the LEA must notify households on an annual basis of the availability of the local school wellness policy information and how to become involved if desired.

- Examples of this could include: utilizing the local school website, physically posting a message in the school office, sending a message home to families, or using an all call system.

LEAs are required to inform the public of the content of the local school wellness policy and to make the local school wellness policy and any updates to the policy available to the public on an annual basis.



4. Final Component: Public Involvement and Updates, **Leadership** and Evaluation

- ▶ LEAs must establish wellness policy leadership of one or more LEA and/or school official(s) who have the authority and responsibility to ensure each school complies with the policy.
- ▶ The Committee should include shareholders who are involved in the development, assessment, and celebration of the wellness policy goals.



4. Final Component: Public Involvement and Updates, **Leadership** and **Evaluation**

- ▶ Lastly, the Final Rule requires that LEAs perform an assessment on their local wellness policy at a minimum of once every three years.
- ▶ The intent of the assessment is to compare the policy to model policies to ensure effectiveness and encourage public transparency.
- ▶ The intent is also to measure the progress of schools in attaining the LEA wellness policy goals.
- ▶ Results of the triennial assessment must be made available to the public.



Evaluation

It is important to develop measurable and realistic goals to help in determining progress toward benchmarks, objectives, and timelines.



Record Keeping Requirement

- ▶ The LEA must retain records to document compliance with the local school wellness policy requirements.
- ▶ The LEA records retained must include:
 - The written local school wellness policy;
 - Documentation demonstrating compliance with community involvement requirements;
 - Documentation of the triennial assessment of the local school wellness policy; and
 - Documentation to demonstrate compliance with the annual public notification requirements.



In Summary,

- ▶ The Local School Wellness Policy is a policy/plan to guide each LEA in creating a safe, healthy and nutritious school environment.
- ▶ The Local School Wellness Policy must include the involvement of shareholders in its development and the community must have access to its content.
- ▶ The Local School Wellness Policy is meant to be an ever-changing policy as schools achieve goals and student population needs change.
- ▶ The Local School Wellness Policy is meant to make a difference for all students in terms of having a healthy school environment.



Resources

- ▶ The Final Rule can be found [here](#).
- ▶ Also, Resources are available at the USDA Food and Nutrition Service's "School Nutrition Environment and Wellness Resources [website](#)."



Thank You!

For any additional questions, please do not hesitate to contact your SCN approving consultant.

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